

Spiritual Solutions By Deepak Chopra

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The Chopra Center Herbal Handbook Harper Collins
Being Myself is a contemplative exploration of the essential nature of our self. Everyone has the sense of 'being myself,' but not everyone knows their self clearly. In most cases, our sense of self is mixed up with the content of experience and, as a result, its natural condition of peace and happiness is veiled. Through investigation and analogy, the meditations in this collection take us back to our true nature again and again, until we begin to find our self naturally and effortlessly established there, as that. In time, experience loses its capacity to veil our being, and its innate peace and joy emerge from the background of experience. * * *
The Essence of Meditation Series presents meditations on the essential, non-dual understanding that lies at the heart of all the great religious and spiritual traditions, compiled from contemplations led by Rupert Spira at his meetings and retreats. This simple, contemplative approach, which encourages a clear seeing of one's experience rather than any kind of effort or discipline, leads the reader to an experiential understanding of their own essential being and the peace and fulfilment that are inherent within it.
Freedom from Addiction Random House
Now available in B format, Overcoming Addictions shows how to escape dependency on the many mood-altering, and potentially

harmful, substances now available. Many of us are addicted to all sorts of things: food, alcohol, coffee, cigarettes and drugs. According to Dr Chopra, many conventional forms of treatment for addiction are negative and fear-based, and therefore less likely to succeed long-term than a more positive, life-enhancing approach. In this programme, based on ancient principles of Ayurvedic mind-body medicine, he enables the reader to become more attuned to the needs and benefits of the spirit, allowing the mind and body to shed destructive dependencies and move on to more satisfying alternatives.
Overcoming Addictions Random House
The basis for the PBS Special, *What Are You Hungry For?* is the breakthrough book that can bring weight under effortless control by linking it to personal fulfillment in every area of a reader's life. After promoting this message worldwide for thirty years, bestselling author Deepak Chopra focuses on the huge problem of weight control in America with exciting new concepts. What are you hungry for? Food? Love? Self-esteem? Peace? In this manual for "higher health," based on the latest findings in both mainstream and alternative medicine, Deepak Chopra creates a vision of weight loss based on a deeper awareness of why people overeat - because they are trying to find satisfaction and wind up using food as a substitute for real fulfillment. Repudiating the failed approaches of crash dieting and all forms of deprivation, Chopra's new book aims directly at the problem of finding fulfillment. When that problem is solved, he argues, normal eating falls into place automatically, and the entire system of mind and body

achieves what it really desires. "Everyone's life story is complicated, and the best intentions go astray because people find it hard to change," writes Chopra. "Bad habits, like bad memories, stick around stubbornly when we wish they'd go away. But you have a great motivation working for you, which is your desire for happiness. I define happiness as the state of fulfillment, and everyone wants to be fulfilled. If you keep your eye on this, your most basic motivation, then the choices you make come down to a single question: "What am I hungry for?" Your true desire will lead you in the right direction. False desires lead in the wrong direction." Wherever you are in life, this book will help point you in that right direction.
Being Myself Harper Collins
Heal yourself from the inside out Our immune systems can no longer be taken for granted. Current trends in public healthcare are disturbing- our increased air travel allows newly mutated bacteria and viruses to spread across the globe, antibiotic-resistant strains of bacteria outstrip the new drugs that are meant to fight them, deaths due to hospital-acquired infections are increasing, and the childhood vaccinations of our aging population are losing their effectiveness. Now more than ever, our well-being is at a dangerous crossroad. But there is hope, and the solution lies within ourselves. *The Healing Self* is the new breakthrough book in self-care by bestselling author and leader in integrative medicine Deepak Chopra and Harvard neuroscientist Rudolph E Tanzi. They argue that the brain possesses its own lymphatic system, meaning it is also tied into the body's general immune system. Based on this brand new discovery, they offer new ways of increasing the body's

immune system by stimulating the brain and our genes, and through this they help us fight off illness and disease. Combined with new facts about the gut microbiome and lifestyle changes, diet and stress reduction, there is no doubt that this ground-breaking work will have an important effect on your immune system.

The Future of God Harmony

Life is full of challenges, both big and small. Spirituality is here to offer solutions. Over the course of his career as physician, teacher, and bestselling author, Deepak Chopra has received thousands of questions from people facing every kind of challenge. They have asked how to lead more fulfilling lives, how to overcome relationship problems and personal obstacles. What's the best way to deal with a passive-aggressive friend? Can a stagnant career be jump-started? In a world full of distractions and stress, how does one find time for meditation? Hidden among all of these questions are answers waiting to be uncovered. In this groundbreaking book, Chopra shows you how to expand your awareness, which is the key to the confusion and conflict we all face. "The secret is that the level of the problem is never the level of the solution," he writes. By rising to the level of the solution in your own awareness, you can transform obstacles into opportunities. Chopra leads the reader to what he calls "the true self," where peace, clarity, and wisdom serve as guides in times of crisis. For Chopra, spirituality is primarily about consciousness, not about religious dogma or relying on the conventional notion of God. "There is no greater power for success and personal growth than your own awareness." With practical insight, *Spiritual Solutions* provides the tools and strategies to enable you to meet life's challenges from within and to experience a sense of genuine fulfillment and purpose.

Peace Is the Way Rider

"Deepak Chopra's story is an inspiring gift for those who truly care and have the courage to seek." —Michael Baigent, author of *The Jesus Papers* The founder of The Chopra Center and the preeminent teacher of Eastern philosophy to the Western World, Deepak Chopra gives us the story of the man who became Messiah in his phenomenal New York Times bestseller *Jesus*. The author who

illuminated the life of Buddha now offers readers an unparalleled portrait of Jesus Christ, from carpenter's son to revolutionary leader, that is fresh and inspiring—a remarkable retelling of the greatest story ever told.

What Are You Hungry For? Red Wheel/Weiser

In this remarkable book lies the secret to fulfillment on all levels of our lives... With clear and simple wisdom, Deepak Chopra explores the full meaning of wealth consciousness and presents a step-by-step plan for creating affluence. According to Chopra, affluence is our natural state, and the entire physical universe with all its abundance is the offspring of an unbounded, limitless field of all possibilities. Through a series of A-to-Z steps and everyday actions, we can learn to tap into this field and create anything we desire. From becoming Aware of all possibilities to experiencing Zest and joy in life, these uncommon insights gently foster the wealth consciousness needed to create wealth effortlessly and joyfully.

A New Way to Be Human Harmony Self help.

Overcoming Addictions Random House

A groundbreaking approach from the world-renowned facility that has successfully helped thousands of people change their lives for the better defies outmoded beliefs about recovery, particularly that people "are" their addictions or that they are powerless to control them, offering tools to uncover the true cause of addiction and providing comprehensive steps to end it for good. Original.

Ageless Body, Timeless Mind Harmony

The definitive book of meditation that will help you achieve new dimensions of stress-free living For the past thirty years, Deepak Chopra has been at the forefront of the meditation revolution in the West. *Total Meditation* offers a complete exploration and reinterpretation of the physical, mental, emotional, relational, and spiritual benefits that this practice can bring. Deepak guides readers on how to wake up to new levels of awareness that will ultimately cultivate a clear vision, heal suffering in your mind and body, and help recover who you really are. Readers will undergo a transformative process, which will result in an awakening of the body, mind, and spirit that will allow you to live in a state of open, free, creative, and blissful awareness twenty-four hours a day. With this book, Deepak elevates the practice of meditation to a life-changing quest for higher consciousness and a more fulfilling existence. He also incorporates new

research on meditation and its benefits, provides practical awareness exercises, and concludes with a 52-week program of meditations to help revolutionize every aspect of your life.

Power, Freedom, and Grace Virgin Books Limited

From the man who has inspired millions of people to transform their lives and create their heart's desire comes his latest book on seeking and embracing the power source within.

Life After Death Amber-Allen Publishing

Originally published in comic book form.

The Book of Shiva Harmony

AARP Digital Editions offer you practical tips, proven solutions, and expert guidance. The remarkable benefits of yoga, which include improved flexibility, balance, muscle tone, endurance, and vitality, only hint at the extraordinary power of this deeply spiritual practice. When adhered to and practiced mindfully, yoga can unlock readers' full creative potential, their capacity for love and compassion, and ability to find success in all areas of their lives. The *Seven Spiritual Laws of Yoga* brings spirituality back to yoga. It shows how the *Seven Spiritual Laws* play a crucial role in yoga's path to enlightenment while providing readers with a wealth of meditation techniques, mantras, breathing exercises, and yoga poses. Whether a newcomer to yoga or an experienced practitioner, *The Seven Spiritual Laws of Yoga* is a portal to yoga's deeper spiritual dimension and a beautiful step to a happier, more harmonious, and more abundant life.

Spiritual Solutions Harmony

Deepak Chopra's #1 bestselling audio offers life-altering guidance on the attainment of success, distilled into seven simple, powerful principles that you can easily apply to your life.

Perfect Health Harmony

The author's *Quantum Healing: Exploring the Frontiers of Mind/Body Medicine*, aimed to show how health and sickness are controlled by awareness at the level of quantum physics, where mind and body are one. Now Dr Chopra has written a practical guide to harnessing that healing power of the mind, a book based on the principles of Ayurveda, a 5000-year-old system of mind/body medicine that has recently been rediscovered. The book provides a step-by-step programme of mind/body medicine tailored to the individual's need. The result is a plan for re-establishing the body's essential balance with nature.

Creating Affluence Amber-Allen Publishing Two bestselling authors first met in a televised Caltech debate on "the future of God," one an articulate advocate for spirituality, the other a prominent physicist. This remarkable book is the product of that serendipitous encounter and the contentious—but respectful—clash of

worldviews that grew along with their friendship. In *War of the Worldviews* these two great thinkers battle over the cosmos, evolution and life, the human brain, and God, probing the fundamental questions that define the human experience. How did the universe emerge? What is the nature of time? What is life? Did Darwin go wrong? What makes us human? What is the connection between mind and brain? Is God an illusion? This extraordinary book will fascinate millions of readers of science and spirituality alike, as well as anyone who has ever asked themselves, What does it mean that I am alive?

[The Shadow Effect LP](#) Harmony
Praise for Deepak Chopra, M.D.: "A new medicine is in the making, one in which mind, consciousness, meaning, and intelligence play key roles. One of the architects of the new medicine is Dr. Chopra, a credentialed, respected physician who has 'paid his dues' as a modern doctor." Larry Dossey, M.D., author of *Healing Words* "Deepak Chopra is being hailed as a modern-day Hippocrates for his novel approach of combining ancient healing traditions with modern research." Irv Kupcinet, *Chicago Sun-Times* "We can't help wishing he lived close enough to make house calls." Judith Hooper, *New York Times Book Review* "Dr. Chopra's writing has great beauty, great power, great delight, and much common sense" Courtney Johnson, author of *Henry James and the Evolution of Consciousness* "Dr. Chopra presents us with information that can help us live long, healthy lives." Bernie Siegel, M.D., author of *Love, Medicine and Miracles*

[The Soul of Leadership](#)
ReadHowYouWant.com
Deepak Chopra's passionate new book, *Peace Is the Way*, was inspired by a saying from Mahatma Gandhi: "There is no way to peace. Peace is the way." In a world where every path to peace has proved futile, the one strategy that hasn't been tried is the way of peace itself. "We must not bring one war to an end, or thirty," Chopra tells us, "but the idea of war itself." How can this be done? By facing the truth that war is satisfying, and then substituting new satisfactions so that violence is no longer appealing. "War has become a habit. We reach for it the way a chain smoker reaches for a cigarette, promising to quit but somehow never kicking the habit." But Chopra tells us that peace has its own power, and our task now is to direct that power and multiply it one person at a time. Behind the numbing headlines of violence running out of control there are unmistakable signs of a change—Chopra believes that a majority of people are ready to see an end to war. "Right now 23 million soldiers serve in armies around the world. Can't we find ten times that number who will dedicate themselves to peace? A hundred times?" *Peace Is the Way* challenges each of us to take the next leap in personal evolution. "You aren't asked to be a saint, or to give up any belief. You are only

asked to stop reacting out of fear, to change your allegiance from violence to peace." In a practical seven-step program, Chopra shows the reader how to become a true peacemaker. "Violence may be innate in human nature, but so is its opposite: love. The next stage of humanity, the leap which we are poised to take, will be guided by the force of that love." This is more than a hope or an aspiration. It is a new way of being in the world, giving each individual the power to end war in our time.

[Seven Spiritual Laws of Superheroes](#)
ReadHowYouWant.com
Is it possible to venture beyond daily living and experience heightened states of awareness? Deepak Chopra says that higher consciousness is available here and now. "Metahuman helps us harvest peak experiences so we can see our truth and mold the universe's chaos into a form that brings light to the world."—Dr. Mehmet Oz, attending physician, New York–Presbyterian, Columbia University New York Times bestselling author Deepak Chopra unlocks the secrets to moving beyond our present limitations to access a field of infinite possibilities. How does one do this? By becoming metahuman. To be metahuman, however, isn't science fiction and is certainly not about being a superhero. To be metahuman means to move past the limitation constructed by the mind and enter a new state of awareness where we have deliberate and concrete access to peak experiences that can transform people's lives from the inside out. Humans do this naturally—to a point. For centuries the great artists, scientists, writers, and many so-called ordinary people have gone beyond the everyday physical world. But if we could channel these often bewildering experiences, what would happen? Chopra argues we would wake up to experiences that would blow open your body, mind, and soul. Metahuman invites the reader to walk the path here and now. Waking up, we learn, isn't just about mindfulness or meditation. Waking up, to become metahuman, is to expand our consciousness in all that we think, say, and do. By going beyond, we liberate ourselves from old conditioning and all the mental constructs that underlie anxiety, tension, and ego-driven demands. Waking up allows life to make sense as never before. To make this as practical as possible, Chopra ends the book with a 31-day guide to becoming metahuman. Once you wake up, he

writes, life becomes transformed, because pure consciousness—which is the field of all possibilities—dawns in your life. Only then does your infinite potential become your personal reality.

The Future of God Harper Collins
A New Way to Be Human is an invaluable guide for individuals intent on transforming their lives, revolutionizing our society, and refining our world. It is for those who seek: An impactful life of meaning and purpose, love and hope, compassion and delight The courage to cross the boundaries of religion and move beyond the demonizing debates about gender equality and human sexuality The spiritual wisdom discovered in the many forms and disguises of the Holy By identifying 7 pivotal, universally recognizable life occurrences as spiritual pathways, *A New Way to Be Human* will immediately connect you to actionable personal spiritual practices. From his miraculous physical healing as a teenager in Cape Town, to fighting apartheid alongside Desmond Tutu, to his eventual appointment as one of the United State's highest ranking, openly gay Episcopal priests, Robert's life shows anyone how to integrate personal spirituality with a legacy of compassionate purpose in the world—and invites others to do the same. Go to www.robertvtaylor.com/publications/book-club